

## ***What are the benefits of Analytic Group Psychotherapy?***

The mutual sharing of concerns with others in a group is beneficial in a number of ways. You can clarify your difficulties through discussion with others. You can also express the pent-up feelings, which surround and complicate your problems in an accepting atmosphere.

You are likely to gain encouragement from the discovery that other group members are struggling with similar difficulties and are making progress with them. Your self-esteem can improve as you find that you can be helpful to, and appreciated by, other members of the group. The opportunity to speak seriously with others and to give and receive honest feedback can help to improve your self-confidence.

## **How does it work?**

A group session has no fixed agenda. Instead, you are invited to talk about whatever is most important to you. As trust develops, it is possible to explore how you relate to others in the group. This may resemble relationships in your life outside or from childhood. You may discover that there are recurring patterns in the way that you approach others. Some of these can be counterproductive.

A group offers the chance to try out new ways of being with others as a step towards forming more satisfying personal, social, family or work relationships.

## **What does 'Analytic' mean?**

Group Analytic Psychotherapy draws on the insights of psychoanalysis and sociology as models for understanding human relationships. We all start our lives as a member of a family group. Conflicts in our early relationships can get carried over into adulthood. We may be conscious of this process. But there can also be unconscious conflicts left over from our past which result in symptoms such as low self-esteem, lack of confidence, depression, anxiety, panic attacks, social phobias or difficulties in relationships.

## **When & where does the group meet?**

There are two groups, which meet weekly on:

- Wednesdays            7.30 - 9.00pm
- Thursdays            7.15 - 8.45pm.

Each has up to eight members, plus the therapist. New members join from time to time with an average length of stay of one to three years. The groups all meet at The Rock Clinic Association premises.